



4100 Park Forest Drive, Suite 208, Traverse City, MI 49684
Phone (231)935-5710 Fax (231)935-9045 www.dha-nm.com

LACTOSE, GLUCOSE, AND LACTULOSE BREATH-HYDROGEN TEST

This test is performed in the Digestive Health Associates office, and takes approximately ___ hours to complete.

HOW THE TEST IS PERFORMED

The morning of the test, you will be asked to blow into a bag to collect a sample of your breath. After that you will be given a liquid (water mixed with lactose/glucose/lactulose) to drink. During the test, you will be asked to report any symptoms you are experiencing.

INSTRUCTIONS & PRECONDITIONS

STARTING TWO WEEKS BEFORE YOUR TEST

- Do not have a colonoscopy within two weeks of your test.
- Avoid all antibiotics.
- Avoid all probiotics including medications (e.g., Align, Culturelle, Florastor, Sustnex) and probiotic rich foods (e.g., Yogurt, Kefir, Sauerkraut, Miso, Tempeh, Kimchi).

STARTING THREE DAYS BEFORE YOUR TEST

- Avoid the use of laxative medications or stool softeners (e.g., Colace, Lactulose, Miralax, Senna).

STARTING THE DAY (24 HOURS) BEFORE YOUR TEST

- Please limit your diet. A low-residue diet that minimizes carbohydrates (starches and sugars) is strongly recommended.

FOODS YOU CAN EAT

- Baked or Broiled Chicken
- Fish
- Turkey (Salt and Pepper Only)
- White Bread Only

- Plain Steamed White Rice
- Eggs
- Clear Chicken or Beef Broth
- Plain Water
- Non-Flavored Black Coffee
- Tea

FOODS TO AVOID

- x Pasta
- x Whole Grain Foods
- x Bran
- x ALL Fruits/Vegetables (Dried, Cocktail, Fresh)
- x High Fiber Cereals (Oatmeal and/or Granola)
- x ALL Dairy Products
- x ALL Seeds/Nuts
- x Gum
- x Hard Candy
- x Cough Drops

- Stop eating at 7 p.m. the night before your test. You should fast with only water to drink for 12 hours before the test. You may still take your necessary medications with water up until 1 hour before your test.

THE DAY OF YOUR TEST

- You should not smoke for at least two hours prior to the test.
- No smoking, sleeping, or exercising during the test.
- Please bring a book, laptop, iPad, etc. to keep yourself busy during the test.

If you have any questions, please feel free to contact the office at (231)935-5710 x 7. Our office hours are Monday through Friday from 8 a.m. until 5 p.m.

Your test is scheduled for:

Please arrive at our office at: